



MUSIC THERAPY FOR PATIENTS SUFFERING FROM CHRONIC PAIN – EVALUATION OF AN INTERDISCIPLINARY APPROACH

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AIM OF INVESTIGATION: Interdisciplinary therapy is most effective in the treatment of chronic pain (Flor, 1992). During the last years music therapeutic approaches in the treatment of chronic pain gain attention and some research projects started to evaluate these approaches. In the project CHRONOS pain patients are treated by physicians trained in special pain therapy and music therapists using the Heidelberg Model of Music Therapy for Patients Suffering From Chronic Pain (Hillecke, Bolay 2000). The goal of CHRONOS was the evaluation of the treatment effectivity of the Heidelberg Model.

METHODS: By using a randomised controlled design with 20 patients in an experimental group and 20 patients in a waiting list control group the clinical trial is evaluated. Included statistical methods are parametric (e.g. t-Tests, Analysis of Covariance) and non-parametric tests, pre-post-analysis and comparison of both groups as well as the method of clinical significance (Jacobson NS, Truax P, 1991).

Respecting the subjective experience of chronic pain the focus of the measures are self-rating-data of patients using reliable and valid psychological questionnaires.

RESULTS: Significant results in the pre-post-condition and group comparison condition can be demonstrated in pain measures (visual analogue scale, Schmerzempfindungs-Skala). Using measures of psychotherapy research (OQ45.2) significant results are observed in the pre-post-condition. These results are not only statistically significant but also clinically significant.

CONCLUSION: Music therapy applied in an interdisciplinary context is an effective possibility to help patients suffering from chronic pain by reducing pain severity and psychological distress.

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